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## CC263 How Much Iron are you Eating?

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## HOW MUCH IRON ARE YOU EATING?

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Harriet Kohn

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JUN 17 1988

## IRON:

HELPS FORM RED BLOOD CELLS

HELPS CARRY OXYGEN IN BLOOD CELLS TO  
ALL PARTS OF THE BODY

HELPS EVERY CELL IN THE BODY USE OXYGEN.

## HOW MUCH IRON DO YOU NEED EACH DAY?

CHILDREN 0 - 6 MONTHS	60%	(10 mg)	FEMALES 11 - 50 YEARS	100%	(18 mg)
6 MONTHS - 3 YEARS	85%	(15 mg)	51 AND OVER	60%	(10 mg)
4 - 10 YEARS	60%	(10 mg)	NURSING MOTHERS	100%	(18 mg)
MALES 11 - 18 YEARS	100%	(18 mg)	EXPECTANT MOTHERS	100%	(18 mg) plus iron supplement
19 AND OVER	60%	(10 mg)			

Note: In this chart 100% is equal to the N.R.C. 1973 Recommended Daily Dietary Allowances for women 23 - 50 years; other percentages are in relation to it.

## TO CHECK-UP ON THE IRON YOU ARE EATING, FOLLOW THESE STEPS:

1. WRITE DOWN WHAT AND HOW MUCH YOU HAD TO EAT AND DRINK SO FAR TODAY.  
(IF YOU PREFER, WRITE WHAT YOU HAD TO EAT AND DRINK IN THE LAST 24 HOURS.)
2. CHECK TO SEE WHICH FOODS YOU ATE ARE ON THE LIST ON THE OTHER SIDE OF THIS SHEET. THEN WRITE DOWN THE PERCENT OF YOUR DAILY IRON NEEDS PRESENT IN THE FOODS YOU ATE. ADD UP THE PERCENTAGES. COMPARE WITH THE PERCENT YOU NEED (SEE CHART ABOVE).
3. PLAN WHICH FOODS YOU NEED TO EAT FOR THE REST OF THE DAY TO MEET YOUR IRON NEEDS, OR PLAN FOR TOMORROW IF YOU PREFER.



Extension work in "Agriculture, Home Economics and Subjects relating thereto,"  
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Leo E. Lucas, Director

(OVER)



# IRON IN FOODS--PERCENT OF DAILY NEEDS

30% EACH		4.6-6.2 mg
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BEANS, DRY COOKED 1 CUP	HEART, ANY KIND, COOKED 3 OUNCES
*CEREALS, HIGHLY FORTIFIED, COOKED	KIDNEY, ANY KIND, COOKED 2 OUNCES
OR READY-TO-EAT 1/3 TO 1 CUP	LIVER, ANY KIND, COOKED 2 OUNCES
PRUNE JUICE 1/2 CUP	OYSTERS 1/3 CUP

15% EACH		2.3-3.0 mg
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BRAINS, ANY KIND, COOKED 3 OUNCES	CLAMS, CANNED SOLIDS 1 1/2 OUNCE
MEAT, SUCH AS BEEF, HAM, LAMB, PORK	SARDINES 3 OUNCES
AND VEAL, COOKED, LEAN ONLY 3 OZ.	SHRIMP 3 OUNCES

5% EACH		.76-1.0 mg
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*CEREALS, ENRICHED OR WHOLE GRAIN,	FRANKFURTER 1 LINK
COOKED OR READY-TO-EAT 1/3 - 1 CUP	LUNCHEON MEAT 1 OZ.
RICE, NOODLES, MACARONI, SPAGHETTI,	DARK GREEN LEAFY VEGETABLES, COOKED 1/2 CUP
ENRICHED OR WHOLE GRAIN, COOKED	PEAS, GREEN COOKED 1/4 CUP
3/4 CUP	POTATO, WHITE OR SWEET 1 SM. OR 1/2 CUP
CHICKEN OR TURKEY, COOKED 2 OZ.	TOMATO, FRESH 1 MED. OR CANNED 3/4 CUP
EGG 1 MED.	TOMATO JUICE 1/2 CUP
FISH, COOKED OR CANNED 2 OZ.	MOLASSES, LIGHT 1 TBSP, OR DARK 1 TSP.

3% EACH		.46-.62 mg
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BREAD, ENRICHED OR WHOLE GRAIN	PRUNES 3 MED.
1 SLICE	RAISINS 2 TABLESPOONS
ROLL, BISCUIT, OR HOT BREAD, EN-	FRUITS (OTHER THAN THOSE MENTIONED) 1/2 CUP
RICHED, 1 SM. OR 1/2 LG.	OR 1 MED. FRUIT
PEANUT BUTTER 2 TABLESPOONS	VEGETABLES (OTHER THAN THOSE MENTIONED)
PEANUTS 3 TABLESPOONS	1/2 CUP OR 1 MED. VEGETABLE

\*Note: Cereals vary in iron content. Check labels for amounts.